



September 1996 Contemplation Theme

The Luminous Flame of Being

By Rama Berch, C.S.Y.T., E-RYT 500

This month, we welcome many who are dedicated to the luminous flame of being. Along with new and returning students, we welcome two neighboring organizations who share a dedication to spreading this light of being in the world, The Chopra Center and La Jolla Pain Treatment Center. Actually, it is impossible to spread this Light, because it is already there. It is already everywhere. What Master Yoga does, and what our new neighbors also do, is to help people become aware that the Luminous Flame of Being exists inside. It is the source of all bliss, all healing, all joy and all love.

In a yoga class, it is easy to get distracted and think that it is all about mastering a yoga pose, or tying yourself up in a pretzel shaped knot. Likewise, when dealing with health issues, it's easy to get distracted into thinking that you're treating a body part or solving a problem. Our new neighbors agree that you must treat the whole person, and to bring them inexorably closer to knowing the luminous flame of their own being. All healing comes from this source, and yoga's tools make it easy to connect with that inner source again. The tools of yoga can really help with the backache, headache and stress level, as well as many major illnesses.

For those of you who have no health problems, you do not have to hurt before you practice yoga. We guarantee bliss! Svaroopo Yoga is so reliable that it is easy to make this guarantee. So, if you hurt and you want to feel better — come to yoga. If you do not hurt and you want to feel better — come to yoga. If you feel good and you want to feel better — come to yoga! Do more yoga.

Namaste,

A handwritten signature in black ink that reads 'Rama'. Above the signature is a small heart symbol containing a Swastika-like symbol.